

What can I do to reduce parenting quarrels with my significant other?

For two parent households, disagreements about parenting practices can be a considerable source of conflict and stress. How caretakers were parented as young children influence the way in which they choose to parent their children. It is often challenging for parents who were raised differently to come to an agreement about best practice when making decisions about how to raise their children. However, reaching an agreement helps parents remain consistent and not undermine one another's authority. Parents are encouraged to approach quarrels with an open mind, flexibility, and respect for the other's viewpoints. Often times, incorporating children's ideas about house rules and consequences aids in the process. This helps in improving your child's self-esteem and validates their feelings and ideas. When parenting conflicts are resolved amicably with collaboration in mind, children learn healthy resolution tactics.

Parents are encouraged to identify which parenting goals are most important to them and then should reach a compromise on how to achieve them as a united front. This usually calls for a brainstorming session wherein all ideas are considered. It's suggested that parents collectively decide which ideas to discard and which, with some tweaking, are feasible and appear effective. Once these decisions are made, it's beneficial to communicate the rules and consequences to your children so that there is not a discrepancy when a rule is broken. Together through communication and collaboration, parents will be able to consistently model effective parenting skills to be carried on by their children into adulthood.